

EFX® 5.25 Elliptical Fitness Crosstrainer™

The EFX® 5.25 Elliptical Crosstrainer™ offers a complete cardio and muscle-toning total body workout. CrossRamp® technology for Variable Stride Geometry, and eight programs help you choose the workout that best fits your fitness goals. With a warm color palette and smooth lines, the 5.25 fits your home and lifestyle.

Features

- Low impact RPE – Optimized low impact biomechanics combine with smooth natural motion providing the lowest Rate of Perceived Exertion (RPE) of any cardio exercise system.
- Adjustable CrossRamp® - The patented adjustable CrossRamp® adjusts from 15 to 25 degrees, lengthening your stride and altering the height of the elliptical path. Called Variable Stride Geometry, this allows you to focus on a specific lower body muscle group or all major muscle groups.
- Stride length – As the CrossRamp® adjusts from 15 to 25 degrees, your stride length changes from 18.5 to 20 inches.
- Pedal rotation - Elliptical pedal rotation is reversible forward to backward to allow greater workout flexibility.
- Wheels - Polyurethane wheels glide on the anodized, aluminum CrossRamp®, distributing your weight for maximum efficiency, smoothness and low impact natural motion.
- Ergonomic moving handlebars – Moving handlebars let you tone and condition your entire body while maintaining comfortable posture and proper technique. You can also use the stationary handrails for more workout options.
- Locking pedals – A locking pin safely secures the foot pedals, preventing movement, when not in use.
- Design – With smooth lines and a warm, subtle color palette, the 5.25 complements your home décor.

Console

- Intuitive console – Intuitive console display with touch sensitive switches is easy to read and adjust.
- Quickstart™ – Access Quickstart™ and programs at the touch of a button.
- Display metrics – The backlit LCD display shows your heart rate, calories burned and time/duration of exercise, distance, CrossRamp® angle, strides per minute, resistance level and program profile.
- Preset programs – the 5.25 features eight preset programs – Basic Heart Rate Control, CrossTrainer, Fat Burner, Gluteals, Hill Climb, Interval, Manual, Weight Loss
- 2 User IDs – Enter and store your personal preferences in a User ID, then quickly retrieve for future workouts.
- Storage – A water bottle holder and accessory tray is conveniently located on the top of the console.
- Reading rack – An integrated reading rack secures a variety of book and magazine sizes.

Heart Rate

- Heart rate – The 5.25 features touch heart rate with ergonomically positioned, touch sensitive grips.
- SmartRate® – Touch heart rate with SmartRate® offers instant display of your heart rate to help you stay in your fat burn, cardio or peak target zone for a more efficient workout.
- Preset HRC program – The preset Basic Heart Rate Control program helps to keep you in your target heart rate for an optimized workout.

Frame

- Powder-coated steel for added durability.

Power and Approvals

- Power – 120 VAC (50/60 hz)
- Regulatory Approvals – FCC, ETL, CE

Warranty

- Within the USA and Canada, lifetime frame and welds, 10 years parts and wear items. 1 year labor. Warranties outside the United States and Canada may vary. Please contact your local dealer for details.

Measurements

EFX® 5.23	
Length	6 ft 4 in (194 cm)
Width	2 ft 5 in (74 cm)
Height	5 ft 2 in (158 cm)
Weight	176 lbs (80 kg)
Shipping Weight	242 lbs (110 kg)

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